

What is claimed is:

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1. A substantially anhydrous lubricant composition comprising at least one polyol, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg. .

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2. A composition according to claim 1 wherein said composition further comprises a preservative.

3. A composition according to claim 1 wherein said composition further comprises a bioadhesive agent.

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4. A composition according to claim 1 wherein said polyhydric alcohol is selected from the group consisting of: glycerin, alkylene glycol, polyethylene glycol, polypropylene glycol, PEGylated compounds, block copolymers comprising polyalkylene glycol and a mixture thereof.

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5. A composition according to claim 4 wherein said alkylene glycol is selected from the group consisting of: propylene glycol, butylene glycol and hexalene glycol.

6. A composition according to claim 4 wherein said polyethylene glycol is selected from the group consisting of polyethylene glycol 300, polyethylene glycol 400 and a mixture thereof.

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7. A composition according to claim 1 wherein said composition further comprises an insulating agent having high bulk properties.

8. A composition according to claim 7 wherein said insulating agent is selected from the group consisting of honey, isopropyl myristate and isopropyl palmitate.

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9. A composition according to claim 1 wherein said composition further comprises an antimicrobial agent.

10. A composition according to claim 9 wherein said antimicrobial agent is an antifungal agent.

11. A composition according to claim 9 wherein said antimicrobial agent is an antibacterial agent.

12. A composition according to claim 9 wherein said antimicrobial agent is an antiviral agent.

5 13. A composition according to claim 1 wherein said composition further comprises a spermicide.

14. A composition according to claim 1 wherein said composition further comprises a local anesthetic.

10 15. A method of treating or preventing dysmenorrhea comprising applying a composition according to claim 1 intravaginally.

16. A composition comprising from about 80% to about 98% by weight polyhydric alcohol and from about 1 to about 5% by weight insulating agent and less than about 20% by weight water.

15 17. A composition according to claim 16 wherein said composition comprises from about 80% to about 98% by weight polyhydric alcohol and from about 1 to about 5% by weight insulating agent and less than about 5% by weight water.

20 18. A composition according to claim 16 wherein said composition comprises from about 80% to about 98% by weight polyhydric alcohol and from about 1 to about 5% by weight insulating agent and less than about 1% by weight water.

25 19. A method of increasing intimacy comprising applying a composition comprising at least one polyol, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to a skin or mucosal surface.

30 20. A method of enhancing relaxation comprising applying a composition comprising at least one polyol, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to a skin or mucosal surface.

21. A method of treating female sexual dysfunction comprising applying a composition comprising at least one polyol, which

increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to a skin or mucosal surface.

22. A method of treating vulvodynia comprising applying a composition comprising at least one polyol and an analgesic agent, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to a skin or mucosal surface.

23. A method of treating frostbite comprising applying a composition comprising at least one polyol, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to skin on a frostbitten extremity.

24. A method of treating dysmenorrhea comprising applying a composition comprising at least one polyol and an anti-inflammatory agent, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to a tampon and inserting said tampon vaginally.